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CLAIMS

1. A muscle development device comprising:

a hollow tight fitting band having a tube therein; and

5 fastening means keeping a length of the tight fitting band in a loop having a desired size,

the muscle development device being used to develop muscles of a limb while restricting the blood flow therethrough by means of applying, with said tight fitting band being rest on muscles
10 of a predetermined compressed range of said limb and said tight fitting band being fastened with said fastening means to have a desired size, a predetermined pressure to said limb around which said tight fitting band is wrapped, the pressure being produced by introducing air to said tube,

15 said tight fitting band having a limiter plate therein, the limiter plate limiting the direction towards which said tube is allowed to inflate as said tube is filled with air, to against the muscles as determined with said tight fitting band being rest on the muscles,

20 said limiter plate being adapted to flexibly move in a curve by means of grooves provided in the surface thereof against said tube in a direction not parallel to the lengthwise direction of said tight fitting band at a predetermined distance along the length of said tight fitting band.

25 2. A muscle development device comprising:

a hollow tight fitting band having a tube herein; and

fastening means keeping a length of the tight fitting band in a loop having a desired size,

the muscle development device being used to develop muscles of a limb while restricting the blood flow therethrough by means of applying, with said tight fitting band being rest on muscles of a predetermined compressed range of said limb and said tight fitting band being fastened with said fastening means to have a desired size, a predetermined pressure to said limb around which said tight fitting band is wrapped, the pressure being produced by introducing air to said tube,

said tight fitting band having a limiter plate therein, the limiter plate being limiting the direction towards which said tube is allowed to inflate as said tube is filled with air, to against the muscles as determined with said tight fitting band being rest on the muscles,

said limiter plate being adapted to flexibly move in a curve by means of a series of segmented components joined to each other along the length of said tight fitting band.

3. The muscle development device as claimed in Claim 2, wherein said limiter plate is configured with adjacent pairs of said segmented components overlap each other at their ends like roof tiles.

4. The muscle development device as claimed in Claim 3, wherein the shape of said segmented component is a shape with two small segments connected to each other in such a manner that their ends overlap each other.

5. The muscle development device as claimed in any one of Claims 2 through 4, wherein

each of said segmented components being adapted to flexibly
move in a curve by means of grooves provided in the surface of said
segmented component against said tube in a direction not parallel
to the lengthwise direction of said tight fitting band at a
5 predetermined distance along the length of said tight fitting band.